

# Sweet Potato Salad



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 8

**Prep:** 10 minutes | **Cook:** 45 minutes

## INGREDIENTS

- 2 large sweet potatoes
- ½ cup green bell pepper, diced
- ¼ cup onion, minced
- ½ cup light mayonnaise
- 3 eggs
- 1 stalk celery, diced
- 1 tablespoon yellow mustard
- ½ teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon lemon juice

## DIRECTIONS

1. Preheat oven to 425°F. Wash and scrub sweet potatoes. Pierce in several places with a sharp knife.
2. Roast the sweet potatoes until soft, about 45 minutes to an hour. You should be able to stick a fork in it and have the fork come out clean.
3. Remove the potato from the skin. Cut up the sweet potato into small bite sizes.
4. Meanwhile, place eggs in a pot and cover with cold water. Bring water to a boil. Cover, remove from heat and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water and cool under cold water for 3 minutes.
5. Peel and chop the eggs. Combine all the remaining ingredients with the eggs.
6. Add the sweet potatoes and toss well to coat. Place the potato salad in the refrigerator.



## Nutrition Information

*Serving Size: 1/2 cup*

<b>Total calories</b>	<b>120</b>
<b>Total fat</b>	<b>6 g</b>
Saturated fat	1.2 g
<b>Cholesterol</b>	<b>66 mg</b>
<b>Sodium</b>	<b>260 mg</b>
<b>Carbohydrates</b>	<b>14 g</b>
Fiber	1.9 g
Sugar	1.5 g
<b>Protein</b>	<b>3 g</b>

Recipe source: Greater Chicago  
Food Depository